

Division of Aging Services State Review Guide

for

Senior Center Requirements HCBS 206

PSA/County: —	Site:
Reviewer:	Date:

Revised December 20, 2004

Review Guide Purpose and Scope:

This guide is designed to assist the Area Agencies on Aging in measuring the compliance and performance of subcontractors for Senior Center services.

An Area Agency providing Senior Center service directly will be held responsible to the same rules, regulations and compliance requirements.

Abbreviations and Acronyms (Peculiar to this guide/Service/Program):

AAA	Area Agency on Aging
ADL	Activities of Daily Living

AIMS Aging Information Management System

DON-R Determination of Need - Revised
DAS Division of Aging Services
DHR Department of Human Resources

FN Footnote

IADL Instrumental Activities of Daily Living

NSI Nutrition Screening Initiative UCM Uniform Cost Methodology

SECTION 206 - SENIOR CENTER REQUIREMENTS

Items to be Completed Prior to On-Site Review

It will be necessary for the monitor to complete the following tasks and review guide items before making the on-site visit. Items are identified with an asterisk (*) in the review guide.

Item #	Review Guide #	Action Required	Purpose	Completed			
1.	All Items	Review Previous Monitoring Report	To become familiar with past performance of the provider and/or site.	Yes No			
2.	1.	Review Contract and/or AIMS Contract Documents and any applicable subcontracts	To become familiar with services to be provided and any applicable subcontract(s).	Yes No			
3.	3. and 15.a.	Review AIMS Report HCBS – Validation – Add/Edit Meal Log	To determine average number of center participants.	Yes No			
4.	1. Review provider file for Program Evaluation Plan. To determine if the provider's annual evaluation plan has been submitted to the AAA.		Yes No				
5.	In order to complete some of the items in this review guide, it may be necessary for the monitor to measure the dimensions of rooms and/or ramps and test the temperature of the hot water in the bathrooms. It is suggested the monitor be equipped with a measuring tape and an appropriate thermometer.						

Item	Section	Compliance	Yes/ No/ N/A
#	Cited	Section 206 Senior Center Requirements	Comments
*1.	206.2	(1) The AAA has executed a contract with the provider agency to specifically provide the operational, programmatic, and service requirements of a senior center for this site.	(1) Yes No N/A Comments:
		OR	
		The AAA provides directly the operational, programmatic, and service elements of a senior center for this site.	
		Monitor – review contract prior to on-site review to become familiar with contracted services.	
		(2) Does the AAA/provider subcontract for any portion of the services to be provided under this contract?	(2) Yes NoN/A Comments:
		Yes NoN/A	Comments.
		If "yes" to (2), which Service(s)?	
		If "yes" to (2), provider has furnished the AAA with a copy of the subcontract(s).	
		Yes No N/A	
		If "yes" to (2), provider monitors its subcontractor(s) at least annually.	
		Yes/ Date No N/A	
		If "yes" to (2), AAA monitors its subcontractor(s) at least annually.	
		Yes/ Date No N/A	

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Item #	Section Cited	Compliance Section 206 Senior Center Requirements	Yes/ No/ N/A Comments
2.	206.4.c	Facility Requirements The senior center staff has identified space affording privacy and confidentiality where individual counseling may be provided. In a separate, Private Room	Yes No N/A Comments:
		In a shared place/room, as long as other occupants vacate the room	
*3. (Review AIMS Report)	206.4.d	Facility Requirements Based on the square footage requirements required by Section 206.4.d, does the center have adequate dining and activities space? Note: this means square footage of space available for occupancy by staff and participants to be considered, excluding any storage or toilet rooms. Monitor – review HCBS – Validation – Add/Edit Meal Logs for months prior to monitoring date to determine the average number of participants and divide the square footage for the dining and/or activities area(s) by the number of average participants. SF - Center has separate dining area from activity area (12 square feet per participant) SF - Dining and activities areas are combined (12 + 12 square feet per participant) SF divided by(Average Number of Participants) =SF/Participant	Yes No N/A Comments:
4.	206.4.e	Outdoor space	Comments:
	206.4.e.1	The outdoor area is connected to and directly accessible from the center. Yes No N/A	
	206.4.e.2	Exterior activity areas are protected and shaded. Yes No N/A	
	206.4.e.3	Exterior activity areas are furnished with safe, clean furniture and equipment. Yes No N/A	
		Monitor – observe the outdoor areas to determine the above.	

Item #	Section Cited	Compliance Section 206 Senior Center Requirements		Yes/ No/ N/A Comments
5.	206.4.f.2, 206.4.f.3 and 206.5.3.a.2. A	Existing Buildings Senior Center is a permanent construction with working electric systems. Monitor – ask to view any inspection certificates or engineeric have on file; note type of inspection and date of last inspection Comments:	cal, plumbing and mechanical	Yes No N/A Comments:
6.	206.5	Center Environment Sanitation		Comments:
	206.5.1.a.1	Individuals who prepare and/or serve meals are wearing clean clothing and exhibit and maintain hygienic practices and conditions (i.e. food handling and personal).	Yes No N/A	
	206.5.1.a.2	Staff supervises participants who assist in preparing or serving food. (Note: Staff can also be volunteers.)	Yes No N/A	
	206.5.1.a.4	Single-service utensils are disposed of properly.	Yes No N/A	
	206.5.1.a.5	If reusable/durable tableware, plates, cups, and/or glasses are used at this center, there is a working dishwasher to accommodate cleaning and sanitizing of these items.	Yes No N/A	
	206.5.1.a.6	Food preparation areas are separate from the dining area.	Yes No N/A	
	206.5.1.a.7 and 206.5.1.a.8	If the center prepares food on-site, separate hand washing fixtures (sink, hot and cold water, soap and individual towels) are provided.	Yes No N/A	

Item	Section	Compliance	Yes/ No/ N/A
#	Cited	Section 206 Senior Center Requirements	Comments
7.	206.5.1.b 206.5.1.b.1	Food Storage Food and drink items are stored up off of the floor. Yes No N/A	Comments:
	206.5.1.b.2 (Revised 8/2002) 206.5.1.b.3	All perishable foods are covered and refrigerated at or below 41 degrees Fahrenheit (5 degrees Celsius) and stored in a sanitary manner. Yes No N/A Freezing units are maintained at or below 0 degrees Fahrenheit (-18 degrees Celsius). Foods stored in the freezer are wrapped in appropriate materials or containers; storage dates and contents are identified. Yes No N/A Monitor – observe stored food and drink items for compliance.	
8.	206.5.1.c.1; 206.5.1.c.1; 206.5.1.c.2 and 206.5.1.c.3	General Conditions All outside containers have tight fitting lids in the closed position and are maintained in a clean and serviceable condition. Garbage is removed from the site on a regular basis. Monitor – observe waste, trash, and garbage containers for compliance. Comments:	Yes No N/A Comments:
9.	206.5.1.c.4 206.5.1.c.4 206.5.1.c.5	Center floors are clean, coverings are appropriate for the intended use of the each room or activity area, are slip-proof, and secured to prevent falls. Walls and ceilings are in good condition, painted and clean. Yes NoN/A	Comments:
		Monitor – observe floors, walls, and ceilings for compliance.	

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Item #	Section Cited	Compliance Section 206 Senior Center Requ	irements	Yes/ No/ N/A Comments
	206.5.1.d	Toilet Rooms	ii cincites	Comments
10.		Monitor – observe toilet rooms for the following:		Comments:
	206.5.1.d.1	If center is newly constructed, it has separate restroom facilities for men and women.	Yes No N/A	
	206.5.1.d.2	The center has at least one working toilet and one working lavatory for every 15 participants.	Yes NoN/A	
	206.5.1.d.3 and 206.5.1.d.5	The center has only one toilet (unisex) and it complies with accessibility requirements, including grab bars.	Yes NoN/A	
	206.5.1.d.4	Multiple toilet rooms are compartmentalized.	Yes No N/A	
	206.5.1.d.5	At least one of the compartments in each men's and women's toilet room has grab bars.	Yes No N/A	
	206.5.1.d.6	Hot and cold water, soap, warm air dryers or a sanitary source of paper towels are available at the lavatories/sinks.	Yes No N/A	
	206.5.1.d.6	Hot water does not exceed 120 degrees Fahrenheit.	Yes NoN/A	
	206.5.1.d.7	Exposed lavatory pipes are covered with an appropriate insulating material.	Yes No N/A	
	206.5.1.e	All toilet rooms are mechanically ventilated and odor free.	Yes No N/A	
11.	206.5.1.f.1 and 206.5.1.f.2	Pest Control The center has a pest control program. Monitor – ask for confirmation of routine pest control work Comments:	k performed.	Yes No N/A Comments:

Item #	Section Cited	Compliance	vuiromonts			Yes/ No/ N/A Comments
	206.5.2.	Section 206 Senior Center Requirements Safety and Accessibility				Comments:
12.		Monitor – document compliance/non-compliance for the observation or written form.	following it	ems throu	ıgh	Commens.
	206.5.2.a	Center has a standard telephone (not a pay phone) immediately accessible to all occupants.	Yes	_ No	N/A	
	206.5.2.a	Center has a list of local emergency telephone numbers posted near the phone.	Yes	No	N/A	
	206.5.2.b	Stairs, walks, ramps, and porches are maintained in a safe condition.	Yes	No	N/A	
	206.5.2.b.1	Stairway handrails are constructed of substantial materials and properly attached.	Yes	No	N/A	
	206.5.2.b.2	Elevators are in a safe operating condition and inspected annually.	Yes	No	N/A	
	206.5.2.b.3	Ramps are constructed at proper slope. (1 foot rise per 12 linear feet)	Yes	No	N/A	
	206.5.2.b.4	Ramps, walks, and steps are constructed of a slip-resistive material, smooth, and uniform.	Yes —	No	— N/A ——	
	206.5.2.c	Center has animals which are tolerant of people and documentation of immunizations.	Yes	No	N/A	
	206.5.2.d	Center participants have access to safe drinking water at all times.	Yes	No	N/A	
	206.5.2.e; 206.6.h.1; 206.18.a and	Center has a written emergency response plan with proced and other weather emergencies, missing participants, injur addresses evacuating staff and/or participants with hearing	ures to respo	ond to fires	s, tornadoes . This plan	

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Item #	Section Cited	Compliance Section 206 Senior Center Requi	inomonts			Yes/ No/ N/A Comments
#	206.18.b	impairments and includes notification of the emergency to	irements			Comments
		the AAA in a timely manner.	Yes	No	N/A	
12. Cont'd	206.5.2.e.1	Center has a legible evacuation plan/floor plan drawing posted throughout the site.	Yes	No	N/A	
	206.5.2.e.2	All staff and volunteers have been trained on duties during an emergency.	Yes	No	N/A	
	206.5.2.e.3	Center has documentation for practice of quarterly fire drills, the building. (Note: Suggest provider contact local Fire Mar representative for an evaluation of the center to provide input for participants, guests, staff, volunteers, etc. to completely vacate the building safely.)	rshall or fir t as to a rea	e departme sonable le	ent	
		How long does it take?				
		Is the time it takes to vacate the center safely within a reasonable length of the time?			N/A	
	206.5.2.e.3	Center has documentation for practice of annual tornado drills, to include time it takes to safely complete the drill.	Yes	No	N/A	
		How long does it take?				
		Is the time it takes to complete the drill safely reasonable?	Yes	No	N/A	
	206.5.2.f and also note Appendix B	The center has a sited parking lot with universal or the appropriate number of accessible spaces in accordance with the ADA.	Yes	No	N/A	
	206.5.2.g	Center has passenger loading zones adjacent to loading area and connected to the building by an accessible route or level path.	Yes	No	N/A	

Compliance Yes/ No/ N/A Item Section # **Section 206 Senior Center Requirements** Cited Comments **Fire Protection and Person Safety Comments:** 13 206.5.3 Monitor – document compliance/non-compliance for the following items through observation or written form. Center has documentation of annual fire safety inspections. Yes No N/A 206.5.3.a.1 Date of last inspection: All extension cords in excess of 6 feet are secured to the 206.5.3.a.2. \mathbf{C} floor and not placed under rugs and/or carpets. Yes No N/A 206.5.3.a.3. Center has gas heating system checked annually prior to operating by qualified individual. C Yes No N/A 206.5.3.b.1 Center has proper number of 2A, 10-B-C fire extinguishers per 1,500 square feet of space. Yes____ No___ N/A____ Center has a fire extinguisher located in the kitchen. Yes No N/A 206.5.3.b.2 206.5.3.b.3 Each fire extinguisher is in operable condition, inspected once a year by a qualified person, and labeled indicating condition and date of last test date. Yes No N/A 206.5.3.b.4 Center staff have been instructed in the use of the fire extinguisher(s). Yes No N/A 206.5.3.c.1 Center participants have appropriate storage space for personal items. Yes No N/A 206.5.3.c.2 Center does not store flammable substances in the building housing the participants. Yes No N/A 206.5.3.c.3 | Center is free of accumulation of extraneous materials

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Item	Section	Compliance	Yes/ No/ N/A
#	Cited	Section 206 Senior Center Requirements	Comments
13. Cont'd	206.5.3.d	and refuse. Yes No N/A Smoking is prohibited inside the center facility during the hours of operation of senior programs and in interior areas designed for activities funded by the Division of Aging Services. Yes No N/A	
	206.5.3.e	Center has working smoke detectors in all activity rooms, food preparation areas, and hallways. Yes No N/A	_
	206.5.3.e	Center staff tests such smoke detectors monthly and has written documentation. Yes No N/A	_
	206.5.3.f	Center has basic first aid supplies available, in date, clearly marked, and accessible. Yes No N/A	_
14.	206.5.4	Interior and Furnishings	Comments:
		Monitor – Observe and document compliance/non-compliance for the following items.	
	206.5.4.a.1	Furniture and equipment is arranged so that it does not obstruct exits or create barriers to movement inside of the center. Yes No N/A	
	206.5.4.a.2	Center has enough seating/chairs and table space sufficient to seat all participants for dining at one time. Yes No N/A	_
	206.5.4.b	The interior temperature of the center is maintained at a setting which is healthy, safe, and comfortable for the participants. Yes No N/A	_
	206.5.4.c. 1 thru 206.5.4.c.7	The lighting level in the center is adequate and consistent throughout, to include transition areas, hallways, toilet rooms, etc. Yes No N/A	_

Item	Section	Compliance	Yes/ No/ N/A
#	Cited	Section 206 Senior Center Requirements	Comments
15.	206.6	Center Operations Monitor – document compliance/non-compliance for the following items through observation or written form.	Comments:
* (Review AIMS Report)	206.6.a	Center serves an average of at least 20 participants per day. Yes No N/A Average number of participants per day:	
	206.6.b	Center serves hot or other appropriate meals at least once a day for a minimum of 250 service days a year. Yes No N/A	
	206.6.c	The center has made provisions to provide meals needed by participants on the days the center is closed for holidays. Yes No N/A	
	206.6.d	The center is open to participants for a minimum of four (4) hours a day with a responsible person present at all times while participants are present, including during meal service. Yes No N/A Center Hours of operation: a.m. to a.m. / p.m. = Hours	
16.	206.6.e	First Aid, CPR, and Heimlich Maneuver Certification The center's full-time staff have and maintain certification in basic first aid, cardio-pulmonary resuscitation (CPR) and are able to perform the Heimlich Maneuver. The center has documentation of each staff person's certification for the monitor to review. Yes No N/A The center has at least one person trained in first aid, CPR, and the Heimlich Maneuver present in the Facility at all timeswhile participants are present. Yes No N/A	Comments:

Item Section Compliance Yes/ No/ N/A					
	<u> </u>		Yes/ No/ N/A		
Cited			Comments		
206.6.f		Comments:			
206.6.f.1	Certified menu for current week	Yes No N/A			
206.6.f.1	Meal Costs Information	Yes No N/A			
206.6.f.2	Voluntary Contributions Policies and Procedures	Yes No N/A			
206.6.f.2	Notice of the center's acceptance of Food Stamps	Yes No N/A			
206.6.f.2	Cost share requirements	Yes NoN/A			
206.6.f.3; 206.13.c and 206.13.d	Activities Calendar	Yes No N/A			
206.6.f.4	Notices of accessibility and non-discrimination Policies	Yes No N/A			
206.6.f.4	Participant Complaint Procedures	Yes No N/A			
206.6.f.5	Emergency Evacuation Plan	Yes No N/A			
206.6.f.6	Visual Nutrition Education Materials	Yes No N/A			
	206.6.f.1 206.6.f.1 206.6.f.2 206.6.f.2 206.6.f.2 206.6.f.2 206.6.f.3; 206.13.c and 206.13.d 206.6.f.4 206.6.f.4 206.6.f.5	The center has the following posted in visible locations and Monitor – ask center staff to identify the location of each of 206.6.f.1 Certified menu for current week 206.6.f.1 Meal Costs Information 206.6.f.2 Voluntary Contributions Policies and Procedures 206.6.f.2 Notice of the center's acceptance of Food Stamps 206.6.f.2 Cost share requirements 206.6.f.3; 206.13.c and 206.13.d 206.6.f.4 Notices of accessibility and non-discrimination Policies 206.6.f.4 Participant Complaint Procedures 206.6.f.5 Emergency Evacuation Plan	The center has the following posted in visible locations and in legible, large-print formats: Monitor - ask center staff to identify the location of each of the following items:		

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Item	Section	Compliance	Yes/ No/ N/A
#	Cited	Section 206 Senior Center Requirements	Comments
18.	206.6.g	Governance	Yes No N/A
	206.6.g.1 and	The center is a free-standing organization. Yes/ N/A	Comments:
	206.6.g.2	OR	
		The center is part of an umbrella organization. Yes/ NA	
		Written basic operational policies and procedures have been developed and have been made available to paid and volunteer staff, participants, funders, and other interested individuals upon request.	
		Monitor – review operational policies and procedures.	
		Comments:	
		Political Activity	
19.	206.7		Comments:
		The center is not used for political campaigning. Yes No N/A	
		Political materials are not posted or distributed in the center facilities.	
		Yes No N/A Comments:	
20.	206.9	<u>Insurance</u>	Comments:
20.	206.9.a	The entity or organization operating this center for senior center activities has, at a minimum, general liability coverage for	
		staff, volunteers and participants. Yes No N/A	
	206.9.b	Workers compensation benefits are provided for paid staff. Yes No N/A	

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Item	Section	Compliance	Yes/ No/ N/A
#	Cited	Section 206 Senior Center Requirements	Comments
20. Cont'd	206.9.c	Appropriate and sufficient insurance coverage against damages and loss is carried on the building/center and the contents. Yes No N/A	
		Monitor – obtain copy of the certificate of insurance for file for items a, b, and c above.	
	206.9.d	The provider agency self-insures and has provided written documentation to monitor that the entity has sufficient funds set aside to cover such insurance needs as described in Section 206.9. (Monitor - obtain a copy for file.) Yes No N/A	
	206.10	Voluntary Contributions and Service Cost Share	Yes No N/A
21.	206.10.e and 206.10.f	Assessing Activities Fees The provider has provided the monitor with a copy of the written policies and procedures for assessing a fee for activities to cover the cost of supplies, materials, or the time of a professional instructor. Comments:	Comments:
	206.13	Programming	
22.	206.13 206.13.a,		Yes No N/A
	206.13.b, 206.13.c, 206.13.d,	The center provides a minimum of one hour of planned activities per day, in addition to nutrition education provided. The activities provided are not for the purpose of selling any goods or services to the participants.	Comments:
	and 206.6.f.3	Monitor – review documentation (i.e. method, frequency participants are asked, etc.) of input and feedback obtained from participants regarding their interests for programming and activities.	
	206.13		
		Comments:	
		Monitor – review activities calendar for compliance.	
		Comments:	

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Section	Compliance	Yes/ No/ N/A
Cited	Section 206 Senior Center Requirements	Comments
206.14 206.14.a, 206.14.b, 206.14.c, 206.14.e and 304.6.g	NOTE: Items 206.14.a, b, c, and e are addressed in the review guide for Section 304.6.g also. If Sections 304 and 206 are being administered simultaneously, it is not necessary to document this requirement in both review guides. (1) The provider agency has identified an individual (full-time, paid staff person) who is responsible for the overall day-to-day management of nutrition services and compliance with performance requirements, standards and procedures, and has established a formal system of supervision for both paid and volunteer staff.	(1) Yes No N/A Comments:
	Name:	(2) Yes No N/A Comments:
206.14.d.	If "yes", please indicate certification program(s): Comments: If "no", when will training occur? Comments: (3) The center has adequate and qualified staff to implement the activities and services planned to meet the center and participant objectives. Monitor – discuss with the site representative the adequacy or inadequacy of staff at the center to implement activities and services for the seniors. Comments:	(3) Yes No N/A Comments:
	Cited 206.14.a, 206.14.b, 206.14.c, 206.14.e and 304.6.g	Cited 206.14.a, 206.14.b, 206.14.c, 206.14.e, and 304.6.g (1) The provider agency has identified an individual (full-time, paid staff person) who is responsible for the overall day-to-day management of nutrition services and compliance with performance requirements, standards and procedures, and has established a formal system of supervision for both paid and volunteer staff. Name:

Item	Section	Compliance	Yes/ No/ N/A
#	Cited	Section 206 Senior Center Requirements	Comments
24.		Attendance and Discharge Policies	Yes No N/A
24.	206.15.a thru 206.15.d	Each senior center, or organization providing senior center services at multiple sites, shall develop and submit for review and approval by the AAA, policies which address conditions for attendance and participation in activities.	Comments:
		Monitor – review forms and/or policies for (a) discharge planning, (b) staff protocols for dealing with behavioral problems, (c) provision of advance written notice, and (d) referral to appropriate sources.	
		Comments:	
		Monitor - inquire as to how and when clients are informed of these policies.	
		Comments:	
25.	206.16	Reporting of incidents or accidents	Yes No N/A
23.	200.10	There are policies and procedures in place, including a standard of promptness, to report an incident or accident involving staff, volunteers, and/or participants to the parent organization and/or to the AAA directly.	Comments:
		Monitor - review policies and procedures.	
		Comments:	
		Monitor – review documentation of an incident or accident occurred. Were the policies and procedures followed? Yes No	
		Comments:	

Item #	Section Cited	Compliance Section 206 Senior Center Requirements	Yes/ No/ N/A Comments
26.	206.17	Mandatory reporting of suspected abuse, neglect, or exploitation Staff is trained in the responsibility of being mandatory reporters of suspected situations of abuse, neglect, exploitation, or the likelihood of serious physical harm involving older persons and reporting such incidents to the proper authorities. How, when and by whom are center staff trained to recognize and report abuse, neglect, exploitation, etc.? Comments:	Yes NoN/A Comments:
*27.	206.21.a thru c. (Revised 8/2002)	Program evaluation Each center with an individual contract, or center management provider, shall prepare and submit to the AAA annually, no later than the end of the first quarter of the new fiscal year (September 30), a written report which summarizes the evaluation findings, improvements goals, and implementation plan for each site. Monitor – If the annual plan has not been submitted to the AAA, seek resolution of this requirement with the responsible person. Comments:	Yes NoN/A Comments:

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Item	Section	Compliance	Yes/ No/ N/A	
#	Cited	Section 206 Senior Center Requirements	Comments	
28.	206.22	Section 206 Senior Center Requirements Fiscal management The center has procedures for the appropriate handling and accounting for all sources of program and project income, including voluntary contributions, fees, and income generated through fund raising events. Monitor – review the procedures and documentation for handling and accounting for program and project income. Comments:	Yes No N/A Comments:	